

Member Guide

RECREATION-unit 3

DOING

INDIVIDUAL

RECREATION

LEADING

GROUP

SHARING



THE AGRICULTURAL AND MECHANICAL
COLLEGE OF TEXAS
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas

What Is 4-H?

Did you know that as a 4-H member you belong to an organization which has more than 100,000 members in Texas, and more than 2 million in the United States?

4-H Club work is the youth phase of the Texas Agricultural Extension Service. 4-H Club work is voluntary. There are no dues and 4-H is not a school subject. To become a 4-H Club member, an individual must be between the ages of 9 and 21, must want to be a member, must know about 4-H work and what is expected. 4-H members learn improved practices in agriculture, home economics and related fields by carrying on 4-H result demonstrations. 4-H is a family affair in which you and your parents with the advice of adult leaders and county extension agents decide on your result demonstration. You will work with an adult leader in a subject-matter group to develop your result demonstration. You will learn principles and practices that apply to your demonstration.

Adult leaders are the key persons in every 4-H Club. You and other members of your subject-matter group will work with your subject-matter leader to plan and carry out your group activities. The organization leader of your 4-H Club will help you and other club members plan and carry out the monthly club meetings and club activities. County extension agents train and advise these adult leaders.

The four-leaf clover is the the accepted emblem. The letter "H" on each leaf stands for Head, Heart, Hands and Health. This emblem is protected by the United States Department of Agriculture copyright.

The 4-H colors are green and white.

The 4-H prayer is, "Help me, O Lord, to live so that the world may be a little better, because Thou didst make me. Amen."

In support of the 4-H Club Motto, "To Make the Best Better," I pledge:

My Head to clearer thinking

My Heart to greater loyalty

My Hands to larger service, and

My Health to better living

For my club, my community and my country.

4-H parents + adult leaders + county extension agents added to interested 4-H members = useful citizens. This is the 4-H Club team.

MEMBER GUIDE, RECREATION - UNIT 3

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THE PURPOSE of this demonstration is to inspire potential recreation leaders to become familiar with practical material to be used in promoting family, club and community recreational activities.

This demonstration is designed for older 4-H members, 14 years of age or over. The club member should have the approval of his parents and

the county extension agent to carry this demonstration.

On the completion of this demonstration the member will have ready for use at any time a variety of ideas in social, mental, physical and creative fun.

Recreation Is a Way of Life

Be a Leader in Recreation and Help People Live

4-H Recreation Demonstration

To complete this recreation demonstration the club member should do the following:

- A. Assemble a recreation kit to include the following:

Start a game file which shall include:

1. Ten pre-party games or starters
2. Ten active games
3. Ten quiet or mental games
4. Ten skits or stunts
5. Four homemade games

Small equipment for playing games

Start a music file which shall include:

1. Six new songs or musical games

- B. Plan and direct:

1. Family play night
2. Recreation period for your club

3. Plan a complete party

4. Participate in family, club, school or church recreation activities

5. Train other leaders in recreation

- C. Keep Records

Keep records of all complete recreational material which is called for in the demonstration.

Keep records on the number of people you have trained in recreation leadership.

Complete D-564, 4-H Club Record Book. This will provide an over-all look at the results of the demonstration and be the basis of the material for the Standard Report Form.

These suggestions do not limit the club member as to what he can do. Any additional work will strengthen the demonstration.

How to Complete the Demonstration

Here are some suggestions for developing your demonstration.

- A. Assemble a recreation kit

Game File. Write games on uniform-size cards 3 x 5 or 4 x 7 inches or begin a loose-leaf notebook. Prepare in neat and usable form. The material can be secured from:

1. Recreation bulletins distributed by the Agricultural Extension Service
2. School libraries

3. Magazines and newspapers

4. Radio and television

5. Associates. (Ask Dad and Mother about their favorite games.)

Stunts and Skits. This is an excellent opportunity to develop an act for the Share-the-Fun Festival.

Homemade Games. (B-869, Homemade Games, How to Make and Play.) Select the games that appeal to you.

Small equipment for games. (B-897, It's Fun to Be a Leader.) Collect the equipment for the games you have selected in this demonstration.

Music File. Write the words on cards which can be a part of the file. Attach music if possible. This material can be found:

1. Extension bulletins
2. Song books
3. Listening to radio and television
4. Camps
5. Friends

B. Plan and direct

1. Plan with your family for three or more fun times together.
2. Conduct three or more recreation periods for your club.
3. Plan a complete party; theme, invitations on advanced information, decorations, games, refreshments, clean up.
4. Take an active part in all recreational opportunities. Be a follower—participate as a good follower in all groups. Remember a good leader must first be a good follower.

5. Teach other club members, especially younger members, to lead games and songs.

C. Keep Records

Keep records accurately and neatly. Have your file ready for reference.

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Your success as a leader will be reflected in the number of people you help train to be leaders. These people become leaders when they can teach someone else.

This demonstration has been planned for a 12 months program.

REFERENCES

From the County Extension Agent's Office

B-869 Homemade Games—How to Make and Play

B-897 It's Fun to Be a Leader!

MP-278 Motion Songs for All
Musical Mixers
Skits and Stunts

From the National 4-H Service Committee, Inc., Chicago

Fun at the Meeting Place
Games for Small Groups

From Public Libraries

Fun Encyclopedia — Harbin

JANUARY

With the beginning of the year, resolve to keep each month's work up-to-date. Work with the program committee of your club to help plan the recreation for club meetings.

Games or Song	Type	Hours in Preparation	Times Led
(Example)			
Human Bingo	Starter	One Hour	5

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

FEBRUARY

This is the month of birthdays and love. A Valentine party would be easy to plan and fun to do.

[illegible]

Homemade Games:

Game_____ How Many?_____ Time in Preparation_____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

MARCH

A little bit of blarney is good for all. But keep the records and work up-to-date.

Games or Song

Type

Hours in Preparation

Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

APRIL

April Fool! Skits, stunts and tricks for the family — Try some.

Games or Song

Type

Hours in Preparation

Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

MAY

Mother's Day — maybe a mother and daughter banquet. This would provide an opportunity for group singing and pretty skits.

Games or Song

Type

Hours in Preparation

Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

JUNE

Father's Day. Surprise Dad with a homemade game. Is your game file up-to-date?

Games or Song

Type

Hours in Preparation

Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

JULY

Picnics — swim parties — cookouts — camps. A time for good group singing and outdoor games.

Games or Song	Type	Hours in Preparation	Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

AUGUST

Outdoor living — auto trips. Are your records up-to-date?

Games or Song	Type	Hours in Preparation	Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

SEPTEMBER

Back to school. Football. Plan a football party for your club or class.

Games or Song

Type

Hours in Preparation

Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

OCTOBER

Halloween is coming. Carnivals are a lot of fun. Try your ability at fortune telling.

Games or Song

Type

Hours in Preparation

Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

NOVEMBER

Thanksgiving—family fun. Fall festivals for the community. *Note:* One month to finish the demonstration.

Games or Song	Type	Hours in Preparation	Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

DECEMBER

Christmas — caroling. Plays, pageants and skits. Hasn't this been a good year for you as a recreation leader?

Games or Song

Type

Hours in Preparation

Times Led

Homemade Games:

Game _____ How Many? _____ Time in Preparation _____

Do you enjoy playing it? _____

How have you shared it with others? _____

Remarks: (Keep a record of special activities and extra work.)

MY PARTY

Plan a complete party as to — theme, invitations, decorations, refreshments, how many are needed to assist with the program. List the games in the order they are to be played. (See suggestions in B-897.)

NEW LEADERS

Tell how you have helped train others to be leaders in recreation. (See suggestions in B-887.)

Name _____ Type _____ Hours in Preparation _____

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Your County

EXTENSION AGENTS

can furnish you the latest information on farming, ranching and homemaking. They represent both The Texas A. & M. College System and the United States Department of Agriculture in your county.

Most county extension agents have their offices in the county courthouse or agriculture building. They welcome your visit, calls or letters for assistance.

This publication is one of many prepared by the Texas Agricultural Extension Service to present up-to-date, authoritative information, based on results of research. Extension publications are available from your local agents or from the Agricultural Information Office, College Station, Texas.

